



Statewide Fitness Classes Schedule September 2014



<i>Class Location</i>	<i>Agency Location</i>	<i>Type of Class</i>	<i>Class Meets</i>	<i>First Session Starts</i>	<i>Instructor</i>
Blackstone	Blackstone Conference Center and Retreat (coordinated by Military Affairs)	General Group Exercise	Tuesdays & Thursdays 6-7 pm	ongoing	Bonnie Davis <i>Enroll at meeting place and time</i>
Blackstone	Blackstone Primary School (coordinated by Military Affairs)	Strength Training	Mondays & Wednesdays 5:30 pm	ongoing	Christy Aviles 434-292-1122 cjgcricket@yahoo.com
Burkeville	Piedmont Geriatric Hospital	Zumba®	Tuesdays 4:15 – 5:15 & 5:20 – 6:20	ongoing	Christy Aviles 434-292-1122 cjgcricket@yahoo.com
Burkeville	Piedmont Geriatric Hospital	Zumba®	Thursday 4:15 – 5:15 & 5:20 – 6:20	ongoing	Christy Aviles 434-292-1122 cjgcricket@yahoo.com
Portsmouth	Virginia Department of Health District Office 1700 High Street	Zumba®	Wednesdays 4:45 – 5:30	ongoing	Lin Whitley 757-576-0267 Lin.Whitley@yahoo.com
Richmond	Old City Hall	Yoga	Monday 12:15 – 1pm	Ongoing	Robbie Rhur Robbie.rhur@dcr.virginia.gov Email to register and pay onsite.
Richmond	James Monroe Bldg. 11 th Floor – Yoga Room	Yoga	Monday Tuesday Wednesday 12:15-1:10pm	Ongoing	Manju Joshi manjudee@hotmail.com Register and pay on site <i>Bring a yoga mat</i>
Richmond	Main Street Centre 6 th and Main 12 th Floor Conference Room	Yoga	Tuesdays Thursdays 5:15 – 6:15pm	Starts July 15	Manju Joshi manjudee@hotmail.com Register and pay on site <i>Bring a yoga mat, blocks, and straps</i>
Richmond	Main Street Centre 6 th and Main 12 th Floor Conference Room	Zumba	Mondays 5:15 pm	Starts back 9/15	Joni's back! Joni.baldwin@dss.virginia.gov

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Richmond	Old City Hall	Core Strength and Yoga Cool down	Wednesday 12:15 – 1pm	Ongoing	Robbie Rhur Robbie.rhur@dcr.virginia.gov Email to register and pay onsite.
Richmond	Virginia Department of Corrections Central Office Building (6900 Atmore Drive)	Yoga	Tuesdays 5:00 pm	Ongoing	Sarah Humphries 804-840-4881 sarah.humphries@verizon.net <i>Space is Limited!</i>
Richmond	Jefferson Office Building (Bank at Governor's St.) First Floor	General Group Exercise	Tuesday, Wednesday, Thursday 12:15-1pm	Ongoing	Darlene (register in person for classes, and pay by the class or by the month)
Richmond	600 E. Main (Main St. Centre) – 12 th Floor	Zumba®	Mondays, 5:15 – 6pm	She's Back!	Joni.Baldwin@dss.virginia.gov Register and pay in person
Richmond	James Monroe Bldg. 11 th Floor <i>Special Incentives for men joining the class!</i>	Latin (Salsa) Dance New Dances	Wednesdays 12:15 – 1pm	Ongoing	Angel Rodriguez Angel.Rodriguez@dgs.virginia.gov Register and pay in Person \$5/class Wear Smooth-Soled Shoes
Richmond	Forensic Science Bldg.	Strength NEW Get Fit!	Thursdays 5pm-6pm	New Series New Trainer	Vance Pittman Register and pay in Person vpittman12@yahoo.com Wear Comfortable clothes – Bring a mat
Richmond	James Monroe Bldg. 11 th Floor	Get Fit! Strength and Core NEW	Monday Tuesdays Thursdays 12:15 – 1pm NOW: 5:15 – 6:15PM Tues. & Thurs.	Ongoing	Vance Pittman, Personal Trainer Register and pay in Person \$5/class Wear Comfortable clothes Bring a Yoga mat for floor work Bring a water bottle Hand weights, pole weights, steps, and balls are provided
Richmond	James Monroe Bldg. 11 th Floor – Yoga Room Also at Main Street Centre – 12th Floor, Tues. & Thursdays 5:15 – 6:15pm	Yoga	Monday Tuesdays Wednesdays 12:15–1:10pm	Ongoing	Manju Yoshi Register and pay in Person \$5/class Wear Comfortable clothes Bring a Yoga mat
Williamsburg	Eastern State Hospital	Zumba®	12-1 PM Wednesdays OR 4-5 PM (offered twice)	Ongoing	Contact Paula at runpforest@yahoo.com Jensfitness@comcast.net

Info on starting a class: Click on Fitness Classes at <http://www.commonhealth.virginia.gov/>
Please let us know at Wellmess@dhrm.virginia.gov when you establish a class so we can add it to this list